



Theory Component – Teens & Adults

Please present the completed form to instructors at the time you challenge for belt promotion. Please be advised that this is a part of your grading requirements. If you require further space to answer the following please attach paper to this page. If you need help you can get a copy of the beginners booklet in the members area of the national website: www.chitoryu.com.au/resources

Student Name: _____	Current grade: _____
Address: _____	
Phone: _____	Email: _____

1. Why do you study Karate and what are the benefits of training for you?

2. What do you think is the purpose of Karate?

3. What does the 'Showa' mean to you?

4. What is the English meaning of the following Japanese words often used in beginner Karate classes?

Onegaishimasu _____	Ki o tsuke _____
Seiza _____	Mokuso _____
Rei _____	Jodan zuki _____
Chudan zuki _____	Gedan zuki _____
Mae geri _____	Yoko geri _____
Jodan uke _____	Soto uke _____
Uchi uke _____	Gedan barai _____
Sensei _____	Arigato gozaimashita _____

'Success is in direct proportion to your commitment to excellence and your love of what you do, regardless of your chosen field of endeavour.'